

## Foods to Avoid Because they Cause Hemorrhoid

**H**emorrhoids are cysts that originated from swelling veins in the rectum region, often acquired both genetically or due to specific factors such as getting chronic constipation, aging, pregnancy or poor diet. There are instances where hemorrhoids seem worse and end up bleeding, a case which most people consider dangerous and could even be fatal. Additionally, there are instances where it is viewed as a pre-stage of rectal or *colon cancer*. There are a lot of factors on exactly why one ends up having this disorder, and eating foods that induce hemorrhoids is unquestionably among these.



There are certain trigger foods that cause hemorrhoids, and it would help you a lot to know what these are. Doing so will allow you to be mindful of what to eat in balance and caution, so as to ensure that you will be able to maintain a fit and healthy, as well as a hemorrhoid-free body.

Alcohol. Consuming alcohol often results in order to dehydration a reason why it is strongly advised to eat your own alcoholic beverages with extreme caution and moderation. Dehydration is a common cause of constipation and strained *bowel* movements, as it makes your stool become dry and rigorous.

### Foods Rich in Artificial Sugar

Several known foods that cause hemorrhoids are those that are rich in artificial sugar like cakes, muffins, and doughnuts. Studies show that one of the reasons for having constipation and ulcer is too much intake of sweets. This may eventually lead to swelling of the veins in the rectal and anal area.

### Foods that are Salty

Just like candy, salty food may also cause the inflammation of the rectal and anal veins and result in hemorrhoids. This is so because the high sodium level consumption of your body often results to increase in blood pressure, ultimately leading to swelling of veins—including the rectal and anal veins in the domino effect.

### Fatty Foods

It was said that eating white meat contributes a great deal in helping prevent hemorrhoids. This is so because lean meats such as beef, ham, lambs and sausages contain saturated fats. These types of fat have the potential in order to harden your stools, making it difficult to have a smoother digestion and bowel movement. In an obvious effect, hard barstools will often result in constipation as it will set tension in your anal muscles, and may lead to the development of hemorrhoids.



HemorrhoidsBowelColon CancerHemorrhoid

### Is Worthy in Order to Note that Hemorrhoids Heal on Its Own

As in the rest of the body, a swelling body part will only require a few moments of rest. But there are instances where hemorrhoids appear much worse than it could usually become, as well as would demand no other option but to have it removed in a medical procedure. Taking take note of what must and must not be taken helps you take better care of yourself, and along the way help you realize that no matter how simple the case may look like, it must nevertheless be dealt with utmost care to ensure your own health and safety at the end of the day.

For a complete listing of other food to prevent please visit <http://how-to-cure-hemorrhoids-fast.blogspot.com> and <http://how-to-get-rid-of-hemorrhoids-at-home.blogspot.com>.

For France visit <http://traiter-les-hemorroides-naturellement.blogspot.com> and <http://hemorroide-faits-traitements.blogspot.com>.

For Speaking spanish visit <http://tratamiento-de-las-hemorroides.blogspot.com> For Italian visit <http://come-curare-emorroidi-modo-naturale.blogspot.com>.

For German Visit <Http://Hamorrhoiden-Behandlung-Hausmittel.Blogspot.Com>

For Portuguese visit <http://como-curar-hemorroida-naturalmente.blogspot.com>.



“ **Kory S. Ford**

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